

# DINNERLY



## Balanced Spicy Chipotle Beef with Brown Rice, Cabbage and Cucumber



30 minutes



2 Servings

Nutritious and delicious, this colourful dish delivers on both fronts with chipotle beef, brown rice and lots of fresh crunchy veggies. There's a nice warm kick of chilli too, perfect for all you spice fans!



## WHAT WE SEND

- 125g brown rice
- 150g red cabbage
- 1 Lebanese cucumber
- beef stir-fry
- 20g chipotle in adobo sauce <sup>6</sup>
- 30g pepitas

## WHAT YOU NEED

- 2 garlic cloves
- 1 tbs olive oil
- 2 tsp red or white wine vinegar <sup>17</sup>
- 1 tsp honey
- 2 tbs mayonnaise <sup>3</sup>

## TOOLS

- medium saucepan
- mandoline (optional)
- vegetable peeler
- large frypan

Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Egg (3), Soy (6), Sulphites (17). May contain traces of other allergens.

## NUTRITION PER SERVING

Energy 780kcal, Fat 37.3g, Carbs 55.9g, Proteins 51.9g



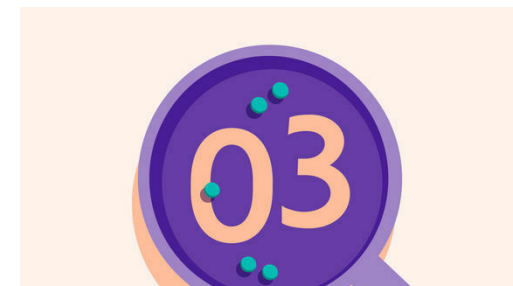
### 1. Cook rice

Fill a medium saucepan three-quarters full with water and bring to the boil. Add the **rice** and cook for 25-27 mins until tender. Drain.



### 2. Prep ingredients

Meanwhile, thinly slice the **cabbage** with a sharp knife or mandoline. Peel the **cucumber** into ribbons with a vegetable peeler. Crush or finely chop **2 garlic cloves**. Separate the **beef stir-fry** into a bowl. Add the garlic, **three-quarters of the chipotle** and **2 tsp olive oil**, season with **salt and pepper** and stir to combine.



### 3. Cook beef

Put the **pepitas** in a cold large frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan. Return the pan to high heat until very hot (see Kitchen 101). Cook the **beef**, stirring, for 2 mins or until browned. Remove from the pan.



### 4. Dress cabbage

Put **2 tsp olive oil**, **2 tsp red wine vinegar** and **1 tsp honey** in a large bowl, season with **salt and pepper** and whisk to combine. Add the **cabbage** and toss to coat. Combine the **remaining chipotle**, **2 tbs mayonnaise** and **2 tsp water** in a bowl.



### 5. Serve up

Divide the **rice**, **beef**, **cabbage** and **cucumber ribbons** among bowls. Drizzle with the **mayonnaise mixture** and scatter over the **pepitas**. Enjoy!



### 6. Kitchen 101

Ensuring the pan is really hot before adding the beef prevents it from stewing and gives it a nice browned finish.